

# VOLAIR HALEWOOD CHRISTMAS GROUP FITNESS

## Group Fitness Timetable: Week Commencing 16th December

Monday 16th December	Tuesday 17th December	Wednesday 18th December	Thursday 19th December	Friday 20th December	Saturday 21st December	Sunday 22nd December
10.00 - 10.45 Studio 1 AEROBICS	07.00 - 07.30 Gym FUNCTIONAL	09.10 - 09.40 Studio 1 Ko8	07.00 - 07.30 Gym FUNCTIONAL	10.15 - 11.00 Studio 1 CIRCUIT	08.45 - 09.30 Boxing RM SPIN	
10.45 - 11.30 Studio 1 LBT	09.30 - 10.15 Boxing RM SPIN	10.15 - 11.30 Studio 1 YOGA	10.00 - 10.45 Studio 1 TRIPLE TREAT			
18.15 - 19.00 Studio 1 GROUP FIGHT	11.30 - 12.30 Studio 1 TAI CHI	18.00 - 18.45 Studio 1 LBT	10.45 - 11.30 Studio 1 LBT			
	11.45 - 12.30 Pool AQUACISE		18.30 - 19.15 Studio SPIN			
	18.10 - 19.25 Studio 1 YOGA					

## Group Fitness Timetable: Week Commencing 23rd December

Monday 23rd December	Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December	Saturday 28th December	Sunday 29th December
10.00 - 11.00 Studio 1 CIRCUIT				09.30 - 10.15 Studio 3 Ko8	08.45 - 09.30 Boxing RM SPIN	
18.15 - 19.00 Boxing RM SPIN						

## Group Fitness Timetable: Week Commencing 30th December

Monday 30th December	Tuesday 31st December	Wednesday 1st January	Thursday 2nd January	Friday 3rd January	Saturday 4th January	Sunday 5th January
10.00 - 11.45 Studio 1 AEROBICS	09.30 - 10.15 Boxing RM SPIN		07.00 - 07.30 Gym FUNCTIONAL	09.30 - 10.15 Studio 1 ZUMBA	08.45 - 09.30 Studio 3 SPIN	
10.45 - 11.30 Studio 1 LBT			10.00 - 10.45 Studio 1 TRIPLE TREAT	10.15 - 11.00 Studio 1 LBT		
18.15 - 19.00 Studio 1 GROUP FIGHT			10.45 - 11.30 Studio 1 LBT	11.05 - 12.05 Studio 1 PILATES		
			12.00 - 12.45 Pool AQUACISE			
			18.30 - 19.00 Studio 1 AB30			
			19.05 - 19.50 BoxingRM SPIN			

### CATEGORY COLOUR KEY

MIND AND BODY | **CARDIO** | **STRENGTH**

**-MERRY-  
CHRISTMAS**

